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Photo by Bernard S. Little

Rear Adm. (Dr.) Elaine C. Wagner, commander of Navy Medicine East, assumes command of Navy Medicine National Capital Area assets, including Naval Health Clinic Annapolis, Naval Health Clinic Patuxent River and Naval Health Clinic Quantico, during a ceremony on July 31 at Walter Reed Bethesda. Navy Medicine East now includes all Navy Medical Treatment Facilities on the East Coast, Gulf Coast, Great Lakes and in Europe.

Navy Medicine National Capital Area Stands Down

Navy Medicine East Assumes Authority of Health Clinics at Annapolis, Patuxent River, Quantico

By Bernard S. Little
WRNMMC Journal
staff writer

With the casing of its flag, Navy Medicine National Capital Area (NCA) was disestablished, and its assets transferred to Navy Medicine East, during a ceremony July 31 at Walter Reed National Military Medical Center (WRNMMC).

Vice Adm. (Dr.) Matthew L. Nathan, the 37th Surgeon General of the Navy and chief

of the Navy Bureau of Medicine and Surgery (BUMED), officiated the ceremony, calling it “a very significant event” representing the changes in military medicine.

“It is part of the push and pull of changing the Military Health System (MHS) as we know it,” Nathan said. “People remain our number one priority as we orchestrate these things ... and we can’t afford to fail and forget what we’re really all about —

to maintain medically-ready [service members and assets].

“We are rapidly becoming the only nation on the planet that is still capable of delivering a complete and comprehensive, vertically-integrated, tertiary care support system any place in the world using joint assets for combat casualty, warfighter support, humanitarian aid and disaster assistance,” Nathan continued. “Everything we do must be predicated

on maintaining that capability.”

The Navy surgeon general explained changes taking place within Navy Medicine and the MHS are to better provide care to its beneficiaries in the most cost effective manner. “As [the National Naval Medical Center and Walter Reed Army Medical Center] became the Walter Reed National Military Medical Center at Bethesda, and as Fort Belvoir [Community Hospital, Va.] folded into the mix, we [in Navy Medicine] saw

the opportunity to consolidate, and in some ways, reduce overhead and create streamline efficiencies by moving these amazing jewels in our crown [Naval Health Clinic Annapolis, Naval Health Clinic Patuxent River and Naval Health Clinic Quantico to Navy Medicine East].”

The move of Navy Medicine NCA’s assets to Navy Medicine East, better position Navy Medicine as a whole “to complement, support and integrate in a joint spectrum, as we partner with the Defense

Health Agency and the other services,” the Navy’s top doctor added.

“We’re on deck at the time of great change,” Nathan concluded.

Rear Adm. (Dr.) Elaine C. Wagner, commander of Navy Medicine East, Naval Medical Center Portsmouth and chief of the Navy Dental Corps, expressed enthusiasm with the change and the activities she will lead. She explained Navy Medicine NCA’s hallmarks of “pride, professionalism and

New Lanes Opening to Improve Traffic Flow



Photo by Mass Communication Specialist 2nd Class Nathan Parde

Work is almost complete on South Palmer Road in preparation for the creation of a center reversible lane. After work is complete in the next week or two, overhead signals and traffic striping will allow for the center lane to become an inbound or outbound lane.

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NCA

Continued from 1

excellence,” will continue under her command as they have for the past eight years.

“Well done to each and every one of you,” Wagner continued, “The ending of one thing is always the beginning of something else.” She said along with health clinics at Annapolis, Patuxent River and Quantico, Navy Medicine East will continue to be “ready, relevant and reliable.”

Rear Adm. (Dr.) Alton L. Stocks, WRNMMC commander, also praised the Navy Medicine NCA staff, which he had led for the last two years. He explained transformation in military medicine has been ongoing since 2005 when Congress, through the Base Realignment and Closure (BRAC) initiatives, instructed the Department of Defense to become “more effective and efficient” with the resources provided.

“This is a great example of that,” Stocks said of the consolidation of Navy Medicine NCA assets under Navy Medicine East. “It makes sense that we are good stewards of the resources we’ve been given where we can consolidate staffs and continue the mission wherever we can. It’s exactly by doing this we maintain the faith and trust of the American public.”

Stocks applauded Navy Medicine NCA for its accomplishments, including being one of only four awardees in the entire Department of Defense recognized for its efforts in process improvements during 2011. “This directly translates in the success of [Navy Medicine] commands.”

He explained NCA staff members provided the most accurate data on which to base decisions concerning integration and health care delivery in the region, and they were intimately involved in planning and executing expansions and renovations not only at WRNMMC, but also at their bases to accommodate the integration. In addition, through integration, the NCA ensured Naval components, such as staff and programs, fit into a joint military health system.

Navy Medicine NCA was one of four Echelon 3 Commands, along with Navy Medicine East, Navy Medicine West and Navy Medicine Support Command, established in August 2005 “to better direct the collective shore-based assets of Navy Medicine to maintain readiness and deliver the highest quality care in the most cost effective manner,” explained Capt. Jeffrey Blice, chief of staff, Navy Medicine NCA. The NCA included the former National Naval Medical Center, and Naval Health Clinics at Annapolis, Patuxent River and Quantico, he added.

“On May 31, the Navy Surgeon General approved the disestablishment of Navy Medicine NCA and realignment of its subordinate commands under Navy Medicine East,” Blice continued. With the realignment, Navy Medicine East assumes responsibility for NCA’s assets which serves a population of approximately 51,000 enrolled beneficiaries and provides more than 375,000 patient visits annually, he noted. Navy Medicine East now includes all Navy medical treatment facilities on the East Coast, Gulf Coast, Great Lakes, and in Europe.

The ceremony concluded as the U.S. Marine Drum and Bugle Corps played solemn music and the Navy Medicine National Capital Area flag was hauled down and presented to Stocks for casting, disestablishing the command.



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Commander's Column

Immunization is one of the most crucial elements when it comes to preventing the spread of diseases and is an essential component in ensuring readiness for our troops. During August, Immunization Awareness Month, and year round, we are committed to ensuring everyone safeguards their health.



recommends a yearly flu vaccine for everyone six months and older and here at the Nation's Medical Center, all Department of Defense uniformed personnel, not medically or administratively exempt, must obtain the flu vaccine. In addition, the Joint Commission requires

influenza vaccination for all staff employed at the medical center three days or longer.

For our Armed Forces to remain ready at all times, we must ensure they're inoculated against potential biological threats, such as anthrax and smallpox, as well as any infectious diseases they may encounter should they deploy overseas. It's equally important for our men and women in uniform to receive the proper screening before any immunization to determine their current health status and whether the vaccination could cause a harmful reaction. In this effort, it is paramount that our physicians keep accurate records, to prevent repeat vaccinations and remind patients when their vaccines are due.

Our patients of all ages, as well as our providers and staff, are all encouraged to stay up-to-date on their flu vaccinations. Influenza viruses are constantly changing, but the flu vaccine can protect against the three main strands that may cause the most illness during flu season, according to the Centers for Disease Control and Prevention (CDC). Although the timing of the flu can vary from season to season, flu activity commonly peaks between January and February and can begin as early as October and continue until late May. The CDC

Now is also a good time to make sure our children are up-to-date on their shots before heading back to school later this month. Boosters for children age four to six should include diphtheria, tetanus, pertussis, chickenpox, and MMR (measles, mumps, rubella). Pre-teens and teens need tetanus, diphtheria, pertussis, as well as HPV, according to the National Public Health Information Coalition. School physicals for TRICARE Prime Beneficiaries enrolled at Walter Reed Bethesda, ages four to 23, can schedule school physicals by calling 1-855-CAP-MED1. For more information about Immunizations call (301) 295-5798.

Please remember, immunizations are key to protecting yourself and everyone around you against the spread of diseases. I urge you to take these simple precautions that can make a significant impact. I need you to stay safe and healthy, because What You Do Matters!

**Commander sends
Rear Adm. Alton L. Stocks
MC, USN
Walter Reed National Military
Medical Center**

Bethesda Notebook

DAISY Award Ceremony

The next quarterly DAISY ceremony will be held Aug. 15 at 10 a.m. in Memorial Auditorium. For more information, call Christina Ferguson at 301-319-4148, or Joan Loepker-Duncan at 301-319-4617.

Women's Equality Day

Walter Reed Bethesda staff members and the Army Band "Downrange" will perform Aug. 29 from 11:30 a.m. to 12:30 p.m. in the America Building Atrium (piano area) in celebration of Women's Equality Day. There will also be free food sampling. Everyone is invited to attend, and for more information, call Sgt. 1st Class Jason Zielske at 301-400-3542 or Chief Hospital Corpsman Oluyinka Adefisan at 301-295-6482.

DiLorenzo Clinic Pharmacy

The DiLorenzo TRICARE Health Clinic-Pentagon (DTHC), is closed daily from noon to 1 p.m. Patients may process their prescriptions online by visiting the Walter Reed National Military Medical Center pharmacy refill page, or calling 1-800-377-1723 (refills for all Army and Navy sites, press 2 for Army, 3 for Virginia, and 5 for the Pentagon Clinic options); 240-857-7978 (11th Medical Group, Bolling Air Force Base, D.C.); 240-857-4893 (Malcolm Grow Medical Clinic, Andrews Air Force Base, Md.); 703-697-1188 (Flight Medicine Clinic, Pentagon, D.C.). For more information, visit www.dthc.capmed.mil, or the DTHC facebook page.

DiLorenzo Clinic Closure

The DiLorenzo TRICARE Health Clinic (DTHC) at the Pentagon will close for staff training at 11 a.m. every fourth Thursday of each month (Aug. 22, Sept. 26, Oct. 24 and Nov. 28). There will be no scheduled appointments or walk-in treatment, and the pharmacy will be closed during this time. Patients are urged to call 703-697-5555 or 911 in the event of an emergency. TRICARE beneficiaries who require urgent care during the clinic closure should visit the emergency room at Walter Reed National Military Medical Center or Fort Belvoir Community Hospital, or visit any one of the urgent care facilities at <http://www.dthc.capmed.mil/PatientCenter/SitePages/UrgentCare.aspx>.

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Base Survey Gathers Information for Planning Studies

By Mass Communication Specialist 2nd Class Nathan Parde
NSAB Public Affairs staff writer

All staff and visitors to Naval Support Activity Bethesda (NSAB) are invited to take a survey to help improve base facilities.

"It's called the NSA Bethesda Facilities Planning Survey 2013," said Colin Clarke, community planner at Naval Facilities Engineering Command Washington. "There are actually a few different planning studies that are ongoing, so we combined them to offer one survey instead of several."

The survey is for all military, civilian and contract personnel, staff, students, residents, patients and visitors, including outpatients and families on base at Bethesda, said Clarke.

Designed to focus on

three main areas, the survey is developed and offered in a way that allows the person taking the survey to skip questions based on their answers, making it as short and manageable as possible for the average respondent, said Clarke.

"We're looking at cycling and Segways, in terms of their facility and programmatic needs; we're looking at the Recreation Plan as the second study; and the third study is the U.S. Paralympics Training Facilities Feasibility Study," he said.

The first area covered by the survey is the Cycle and Segway Plan study, which investigates the use of a bicycle as a means of commuting to the installation, said NSAB Transportation Program Manager Ryan Emery.

"We hope to gather ways we could improve the experience of our bicycling community by

NSA BETHESDA FACILITIES PLANNING SURVEY 2013

Offered online at SurveyMonkey.com/s/2013Aug
or take the survey at one of the following locations/times:

Thursday, Aug 8	11 a.m. to 1 p.m.	Main Street (Across from Subway)
Monday, Aug 12	11 a.m. to 1 p.m.	America Building, 1st Floor, Lobby
Tuesday, Aug 13	11 a.m. to 1 p.m.	Navy Exchange Main Entrance
Wednesday, Aug 14	11 a.m. to 1 p.m.	Building 17 Lobby (by MWR Fitness Center)
Thursday, Aug 15	11 a.m. to 1 p.m.	Uniformed Services University Cafeteria

reviewing the results of this survey to provide direction on where we should focus our attention in the next year," said Emery.

The Cycle and Segway Plan also explores the needs of handbike, recumbent bike and Segway users at NSAB.

"We're investigating if there is a need for additional bike parking, storage, charging stations, and any other kind of support facilities," said Clarke. "From a programmatic standpoint, we're also

looking at how to improve safety for cyclists, pedestrians and motor vehicles, our policies, general way-finding and signs around the base."

The second focus area of the survey examines the Recreation Plan at NSAB.

"We are looking at all of the existing programs, classes, activities and facilities that are available to wounded warriors and also to staff and other employees that work throughout the base,"

said Clarke. "We want to better understand how those recreational offerings are meeting people's needs, and figure out if there are additional needs and desires that they have. This includes both on-base and off-base offerings, and even includes such as activities as cooking classes and gardening."

The final topic covered by the planning survey is the U.S. Paralympics Training Facilities Feasibility Study. The Paralympics are hosted by the U.S. Olympic Committee and cover more than two dozen sports, which can be found at <http://www.teamusa.org/US-Paralympics/Sports>.

"The third study looks at whether or not there is a desire for wounded warriors to participate in Paralympics and which sports they are interested in," said Clarke. "We are

looking at what existing training facilities we have that can meet those needs. There is certainly a lot of value during the wounded warriors' recovery and healing process to be able to participate in Paralympics sports."

Anyone who is interested in taking the NSAB Facilities Planning Survey 2013 can access it online at SurveyMonkey.com/s/2013Aug, or take a local version of the survey on base.

"We have five days and times that we will have table events where people can have the ability to provide input and take the survey in person," said Clarke. [See Graphic] "We can also take their contact information and follow-up individually if they like."

For more information, contact Ron Ewart at 301-295-5938 or Ronald.Ewart@navy.mil.

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Fight the Bite

Public Health Oversees WNV Surveillance on Base

By WRNMMC Public Health Department

West Nile Virus (WNV) is a virus commonly found in Africa, West Asia, and the Middle East, but in recent years, the virus has come to the United States.

WNV has been identified in mosquitoes in the National Capital Area (NCA) for the past few years, both on and off of military installations, including Naval Support Activity Bethesda (NSAB).

The Public Health Command D.C. Military Mosquito Surveillance Program began in May 2013. Walter Reed National Military Medical Center (WRNMMC) is one of the 12 participating Department of Defense surveillance sites. WRNMMC is performing OVI (ovitraps or egg-trap) surveillance and saliva sampling at trap sites. OVI surveillance happens when female mosquitoes lay eggs in a cup of water that get attached to felt paper and monitored. Saliva traps include a mixture of scents that attract mosquitoes to gather saliva samples.

Walter Reed Bethesda's Public Health Department oversees surveillance and monitoring of mosquito activity during peak periods to ensure prompt awareness and safety of personnel for assigned surveillance sites. These efforts include monitoring NSAB, Armed Forces Retirement Home, and Forest Glen/Glen Haven. This year's surveillance has again identified WNV in mosquitoes in the NCA including NSAB.

WNV can infect humans, birds, mosquitoes, horses and some other mammals. The virus can cause a potentially serious illness, transmitted to humans and other mammals through the bite of an infected mosquito. Mos-

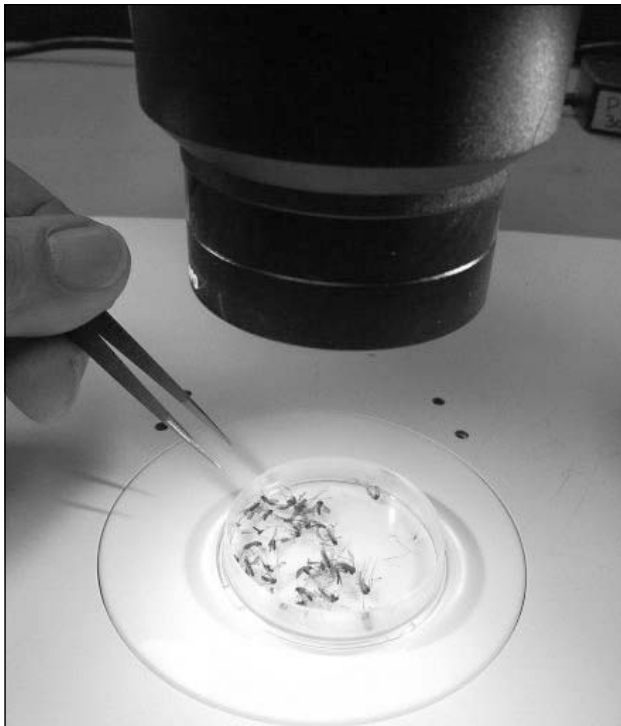


Photo by Benedict Pagac, Jr., U.S. Army Public Health Command

Mosquitoes are examined under a microscope prior to being tested for the presence of West Nile virus.

quito bite prevention remains key in preventing disease.

The Public Health Department works closely with supported military bases' leadership to identify and put in place mosquito control measures. These measures may include controlled use of environmentally appropriate pesticides, but usually center on elimination of standing water where mosquitoes breed. Local bases have been very responsive to mosquito control recommendations and have been actively working to minimize mosquito populations.

WNV cases are usually associated with the summer months when mosquito activity is high.

- 80 percent of people infected with WNV will not show signs or symptoms

- 20 percent of people infected with WNV will show mild symptoms to include:

- fever
- headache
- body aches
- nausea
- vomiting
- swollen glands
- skin rash on the

chest, stomach and back

These mild symptoms could last for as short as a few days or as long as a few weeks.

One out of 150 people infected with the WNV will develop severe illness. Severe symptoms can include:

- high fever
- headache
- neck stiffness
- stupor
- disorientation
- coma
- tremors
- convulsions
- muscle weakness
- vision loss
- numbness and pa-

ralysis.

These symptoms may last several weeks, and neurological effects may be permanent.

Young children and the elderly are at a greater risk of developing severe illness. The more time spent outside, the greater risk of contracting WNV and other viruses transmitted by mosquitoes.

To decrease the risk of contracting WNV, practice the following:

- Limit time spent outdoors during active mosquito periods (dusk

See **BITE** page 8

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NSAB Gives Local Teens Summer Jobs

By Ryan Hunter
NSAB Public Affairs
staff writer

If some of the faces you see on base are younger than usual, it's all thanks to the Teen Employment Program (TEP), a summer work program employing teenagers, ages 14-18, at Naval Support Activity Bethesda (NSAB).

"This base is kind of unique, because we don't have a teen center," explained Horace Franklin, current NSAB school liaison officer and grant overseer for the TEP program. "One of the things we were trying to do was figure out a way to engage teens on base."

Last year, former School Liaison Officer Daniel Dunham, received a grant from the Commander Navy Installations Command (CNIC) to create TEP. Dunham has left the program, but TEP remains and has "grown successfully," says Franklin.

Only teens with family members who work on base can apply and are rigorously screened



Photo by Ryan Hunter

Morale, Welfare and Recreation Marketing Director Jenny Charlson instructs student worker Roya Shoyooee.

to ensure they can work effectively with NSAB staff. Applicant's resumes are checked for community service hours, teacher recommendations, experience working with fleet and family services and a

good school standing. Of the 71 teen applicants this year, only six student workers were chosen.

The selected few are interviewed and placed in departments that best benefit NSAB

as well as further the teen's interests and goals. "We took their personalities, their experiences and what they like to do and put them with their best fit as far as what department they work with,"

said Tim Davis, the acting fitness center director who helped interview and place the student workers.

During her interview, Roya Shoyooee, 17, expressed interests in writing and social media. She now works in Navy Morale, Welfare and Recreation (MWR) office, creating fliers, updating websites and posting a wide array of electronic announcements.

"We're currently planning an event for the Navy Exchange and she's actually attended meetings," said Shoyooee's supervisor, MWR Marketing Director Jenny Charlson. "We've given her entire projects and it's been nice. [We're] really pleased with her work."

The supervisors are excited to work with their teen hires, said Franklin. "As soon as Tim Davis found out that Alexis Nolan, [his teen worker from the previous year], was applying again, he wanted her back at the fitness center. I knew then that program was a success."

"The group they brought in have been re-

ally good kids," explained Davis. "They're energetic, interested in learning and don't give us any trouble about anything. It's good to have youth around like that."

TEP works in student's favor, "giving them valuable real work experience" said Charlson. "This is something they're always going to be able to have as far as knowing what kind of a career they might want to go into. It's valuable."

"I enjoy coming to work," said Shoyooee. "My other job is retail and that's nothing like an office job at all. In the future I want to own my own business. There are a lot of processes required to do that, but now I see what happens behind the scenes."

In the future, Franklin hopes to have more teen hires and expand the program. "[We want them] to talk to a money manager and learn how to manage their money. We want to help write their resume for future jobs and build their portfolio. We want to help round them out as people."

NSAB 'The Journal' 2013 Newspaper Survey

By NSAB Public
Affairs Officer
Joe Macri

Inside the newspaper this week you will find a readership survey asking for your opinion on *The Journal*. Public Affairs will use this survey to help determine who our readers are and what can be done to improve the reader experience. I know you can't wait to get to the survey but before you do I wanted to take a minute and answer some of the questions the newspaper staff is most frequently asked.

Q. How do I get an article in the *Journal*?

A. *Journal* writers are primarily a mix of Walter Reed National

Military Medical Center (WRNMMC) and Naval Support Activity Bethesda (NSAB) Public Affairs (PA) Staff. If the article is related to the medical center contact the WRNMMC PA office. If it's related to most anything else on base contact the NSAB PA office. If we determine the item warrants a story we can assign a writer. You can also write your own article for submission however we have certain style guidelines we follow and there may be reasons we wouldn't run an article so it's best to coordinate with us first.

Q. Why do you run ads from Johns Hopkins when we provide excellent medical care right here at WRNMMC?

A. Our paper is produced at no cost to the government by a commercial publisher in exchange for the ability to sell advertising. Although our contract allows us to refuse ads for questionable businesses or that are in poor taste, in order to continue to provide a newspaper we must allow legitimate advertising content to run.

Q. How soon do I need to contact you for coverage of an event?

A. The earlier the better, especially if you'd like something to run during a particular week. The paper will normally run either a preview article or an event article but not both unless it's a large event so it's important

to know what you want.

Q. Why do you always cover (a certain topic or area) but not my area?

A. In most cases it's simply "the squeaky wheel gets the grease." If you want coverage of something contact us. The paper has limited space and we try to keep current so in weeks where there are several events we often have to choose what to run.

Q. Why do I always see stories about (awards, classes, medical articles) that I have little interest in? Why can't you have more coverage of X?

A. Take the survey. The truth is that right now Public Affairs doesn't know who is

reading the paper so we are not sure if our audience is primarily patients, WRNMMC staff, other base personnel, military, civilian or a good mix of everyone. The more feedback we get from the survey the better we'll be able to tailor our content to those who are reading the paper.

Q. How do I put an ad in the paper?

A. If you want to run an ad for a business then you can contact our publisher, Comprint military publications at 301-921-2100. If you want to run a free classified for a personal item you're selling you can call 301-670-2503. If you want publicity for an event that is of interest to our readers contact the public affairs

office. Please note there are several restrictions in our ability to cover fundraisers and off base events and/or charities.

Please fill out the survey inserted into this week's paper. You can place it in one of the white boxes marked "newspaper survey" located in high traffic areas of the medical center. You can also drop off in WRNMMC PA office on the 11th floor of Building 1 in Rm. 11123 or the NSAB PA office in Building 11 Rm. 216. You can also take it electronically at the following link: <http://www.surveymonkey.com/s/MWBNGCW>.

Survey users can remain anonymous or if you care to provide your name you will be eligible to win one of two gift baskets.

Anatomy and Art Collide at NMHM's Anatomy of Sports Program

By Melissa Brachfeld

National Museum of Health and Medicine

Play a sport? Stay off the sidelines by learning how your body works at the National Museum of Health and Medicine's (NMHM) second Anatomy of Sports program.

The free event will be held 10:30 a.m. to 12:30 p.m. Saturday, Aug. 17 on NMHM's front lawn. Attendees will learn about key muscle groups to improve performance while preventing injuries. Participants will watch as medical illustrators paint on the bodies of athletes in order to show the key muscles and bone structures used to play their sports. While that

is happening, physical therapists will explain how those muscles and bones allow the athlete to run, jump, throw, etc. They will also discuss common sports injuries and ways they can be prevented.

The final activity will be an anatomical art demonstration that will literally illustrate how a horse and rider's bodies must work together to achieve maximum performance.

This year, former NFL linebacker Chris Draft, who played for the Washington Redskins and the Buffalo Bills, will take part in Anatomy of Sports. Draft will represent the Chris Draft Family Foundation, a non-profit organization that works to help families lead healthier lives

through exercise and wellness. Other participating athletes will include a swimmer, cyclist, volleyball player, and more.

Andrea Schierkolk, NMHM's public programs manager, said the museum is looking forward to presenting Anatomy of Sports for a second year.

"We are excited to host this unique opportunity for visitors to learn about anatomy in a dynamic and visual way," Schierkolk said.

Participants will include the University of Maryland's Department of Physical Therapy and Rehabilitation Science as well as medical illustrators representing the Guild of Natural Science Illustrators and the Association of Medical Illustrators.

Anatomy of Sports is open to the public and no RSVP is required. NMHM is located at 2500 Linden Lane, Silver Spring, Md. 20910. For more information, call 301-319-3303. Information about NMHM, including directions and parking, can be found at <http://www.medicalmuseum.mil>.

National Museum of Health and Medicine Photo

A medical illustrator paints the muscles and bones a swimmer uses on to a former competitive swimmer's shoulder, arm, back and neck. This activity took place at the National Museum of Health and Medicine's 2012 Anatomy of Sports program.



Cyber Security for a Brighter Future

By Mass Communication Specialist 2nd Class John K. Hamilton
NSAB Public Affairs staff writer

Naval Support Activity Bethesda's Fleet and Family Support Center (FFSC) is sponsoring a seminar on Aug. 15 in the National Intrepid Center of Excellence Main Auditorium from 10:30 a.m. to 12:30 p.m.

The purpose of the Career Focus Seminar: Cyber Security in the 21st Century is to introduce service members to the career field of cyber security, an emerging career field that is currently in high demand due to our society's continued growth in cyberspace.

"The unemployment rate for the 9/11 veterans is quite high right now," said Anne Bloesl, FFSC transition specialist. "One of the areas where there is very low unemployment, which is at zero percent, is in cyber security. Every large company now has some kind of cyber team within their IT (information

technology) department. This is just another way for service members who may not be on the front lines anymore and are transitioning out of the military to still work [against] the enemy and try to combat these cyber threats that are out there."

While the seminar is open to all staff and service members on the installation, the focus is on finding new career paths for wounded warriors.

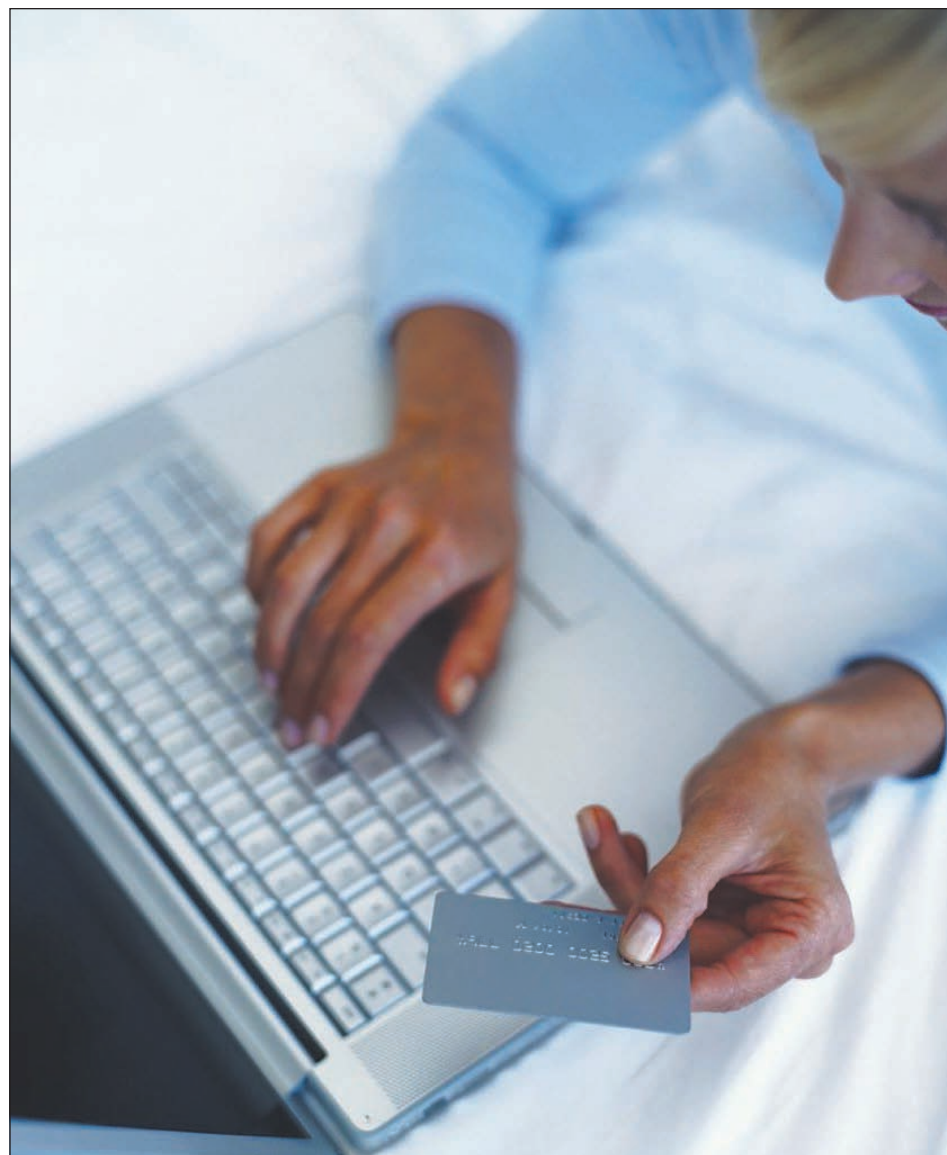
"[We want] to expose, primarily the wounded, ill and injured population to some of the things that are going on out there in cyber space operations, but at the same time share some of the great opportunities that are out there in that career field," said Army Col. Michelle Fraley, commander of the Warrior Transition Brigade, cyber specialist in the Army Signal Corps and speaker at the seminar. "[We] hope to encourage our ill and wounded [service members] to explore other opportunities and other venues that are out there for their future

as they transition out of the military or, if they are going to stay in the military, maybe look at a military occupational skill that is related to cyber [security]."

In an effort to prepare service members for a career in cyber security, the FFSC is currently offering introductory level education and training through the Transition Training Academy to prepare them for higher level learning and the certification tests that will ultimately make them more competitive candidates for these jobs. More information on higher level classes will be provided at the seminar.

"Entry level IT classes are already being offered through the wounded warrior project's Transition Training Academy," said Bloesl. This was initially only offered to wounded warriors but is now open to any service member with a service connected injury. So, they don't have to be receiving any level of disability to qualify.

"In addition to that,



Courtesy photo

based on [a participant's] proficiency through training, there are internship opportunities," said Fraley. "It's wonder-

ful, because not only are they teaching you, but then you can capitalize on the internship program so that you can get

some practitioner time to really see if that is something you enjoy doing."

See **CYBER** page 8

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CYBER

Continued from 7

As our society continues to branch out in to the cyber landscape, job opportunities in cyber security will continue to grow.

"The days of printing paper and signing things is ending - pretty much everything is done electronically [nowadays]," said Fraley. "Our society has changed from being a paper society to an electronic society, so networks are becoming more and more important in doing everyday business. The more networks you put out there the bigger the playing field for cyber attacks, vulnerabilities and all the things that

are associated with cyber space operations, and all that has to be protected."

The earning potential for careers in cyber security can vary greatly depending on the level of certifications and degrees attained. In the Bethesda area salaries for entry level workers start at about \$59,000 and workers with higher level degrees and more work experience can earn up to \$173,000.

"There's a huge demand for [people] that want to get involved in cyber space operations, whether it is defense of the network or a more proactive approach to dealing with cyber attacks," said Fraley. "This is a booming industry that our service members deserve to be exposed to."

BITE

Continued from 5

and dawn)

- Reduce the amount of exposed skin by wearing loose-fitting long sleeves and pants

- Apply insect repellants containing DEET, an EPA approved repellent found in common products sold in local stores. Choose a DEET concentration based on the amount of hours you will be exposed, the higher the percentage of active ingredient,

the longer the product will work.

- Wherever possible, eliminate standing water around home/recreation settings. Even a little water in an unused flower pot or an old tire can breed mosquitoes that spread WNV.

For more information regarding WNV, you can visit,

- <http://phc.amedd.army.mil/home/>
- www.cdc.gov
- <http://www.med.navy.mil/sites/nmcphc/Pages/Home.aspx>
- Contact WRNMMC Public Health at 301-319-2529 for more information.



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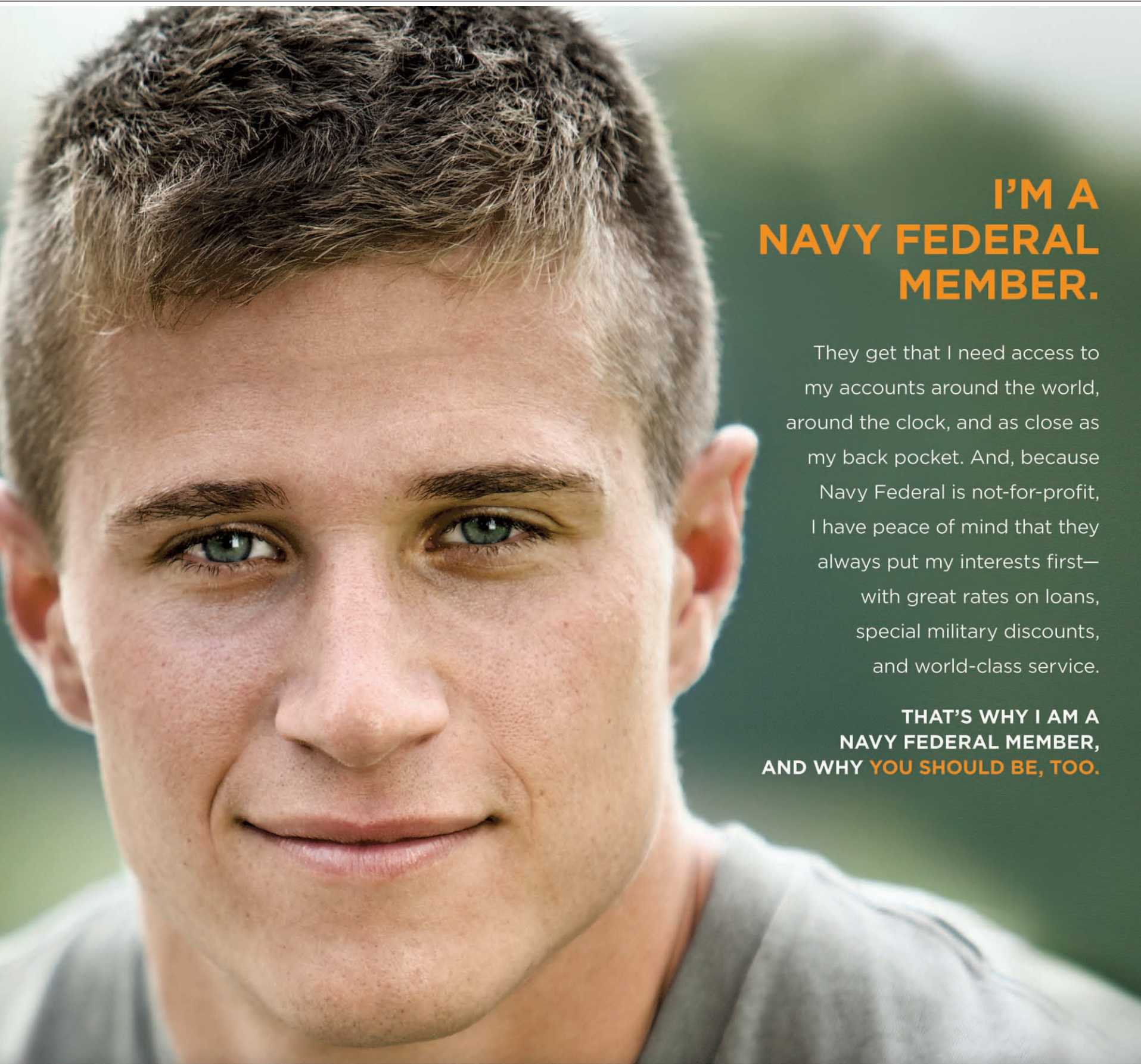
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